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JC986 U.S. PTO
09/981315
10/16/01

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Certificate of Mailing

MAKEL
Mark A. Krull

TRANSMITTAL SHEET

Dear Sir:

The following items are enclosed:

1. Patent Application for EXERCISE METHODS AND APPARATUS, including:
 - 22 pages of specification
 - 6 claims (3 independent)
 - 11 sheets of drawings
 - 1 page of Abstract
2. Return Postcard

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